

**5<sup>TH</sup> EASD  
POSTGRADUATE  
COURSE ON CLINICAL  
DIABETES AND ITS  
COMPLICATIONS**



**4–6 April 2019,  
Hotel Ramada,  
Sofia, Bulgaria**

**Dear colleagues,**

It is a great pleasure for us to announce the **5<sup>th</sup> EASD Postgraduate Course on Clinical Diabetes and its Complications**, which will take place in the period 04<sup>th</sup>-06<sup>th</sup> April 2019 in Hotel Ramada, Sofia, Bulgaria.

The European Association for the Study of Diabetes (EASD) has a long history of organizing innovative clinical postgraduate courses on diabetes all over Europe. We are proud to announce that in 2019 Bulgaria will host such a course for the fifth time (the previous two took place in 2015 and 2017).

The course is open for young physicians working in the field of diabetes from all over the country, as well as from the Balkans and all over Europe.

The Faculty members, who have kindly accepted our invitation to come to Sofia and speak at the **5<sup>th</sup> EASD Postgraduate Course on Clinical Diabetes and its Complications**, are all internationally recognized experts in diabetes.

The course will offer a combination of both a theoretical part, consisting of four lecture sessions, and a practical interactive part of twelve different workshops, during which the participants will have the opportunity to listen and discuss with the experts in an informal atmosphere. The course will focus on current diabetes research and care; new treatment options; insulin therapy; insulin pumps in clinical practice; arterial hypertension in diabetes; non-alcoholic fatty liver disease; continuous glucose monitoring; glucose variability; closed-loop systems; diabetes and pregnancy; hypoglycaemia unawareness; management of diabetes in acute CVD in ICU; CV outcomes trials; islet cell and pancreas transplantation; diabetic kidney disease, diabetic foot.

The organization of the **5<sup>th</sup> EASD Postgraduate Course on Clinical Diabetes and its Complications** will not be possible without the support of our partners from the pharmaceutical industry, who through unrestricted educational grants will make the course happen.

Looking forward to meeting you at the **5<sup>th</sup> EASD Postgraduate Course on Clinical Diabetes and its Complications** in Sofia,



**Prof. Chantal Mathieu**

*Chairman of the EASD  
Postgraduate Education Committee*



**Prof. Tsvetalina Tankova**

*Chair of the Local  
Organizing Committee*

## GENERAL INFORMATION

### *Bulgaria*

Bulgaria has been part of Europe for more than 13 centuries, linking East and West. Situated in south-eastern Europe, Bulgaria occupies the north-eastern part of the Balkan peninsula. With a territory of 110,994 square kilometres, Bulgaria is Europe's 14<sup>th</sup> largest country. The natural landscape of the country is diverse, consisting of lowlands, plains, foothills and plateaus, river valleys, basins, and mountains of varying elevations.

### *Sofia*

Sofia is the capital of Bulgaria and its largest city. Founded thousands of years ago, today the city continues to develop as the country's cultural and economic centre. Sofia is the 15<sup>th</sup> largest city in the European Union with a population of around 1.4 million people. Sofia is located in the western part of the country, at the northern foot of the Vitosha mountain, in the Sofia Plain that is surrounded by mountains on all sides. The city's average altitude is 550 metres above sea level, the climate is moderate and continental, characterized by cold winters and relatively hot summers. The average temperature in April in Sofia is usually about 15°C.

### *Passport & Visa*

Foreign visitors to Bulgaria are required to bring a valid international passport. Non-EU citizens may be required to obtain a valid visa prior to entry into the country. Please consult your local Bulgarian embassy for details. For other entry requirements you can also visit the Bulgarian Ministry of Foreign Affairs web site at:

**[www.mfa.government.bg](http://www.mfa.government.bg)**

### *Currency and Banks*

The currency unit in Bulgaria is the Bulgarian Lev (plural form – leva/levs). It is advisable that foreign currency is exchanged either at a bank, at a designated currency exchange bureau or at the hotel. Pegged exchange rate: EUR 1 = BGN 1.95583. Banks are open from 9.30 until 16.00 from Monday till Friday.

### *Venue of the course*

The Course will take place at hotel Ramada, Sofia, where all participants will be accommodated. It is situated within walking distance to tourist sights and commercial areas of the city, close to the Central Railway Station and the Central Bus Station and about 10 km from Sofia Airport. The hotel is offering comfortable rooms with free Wi-Fi available in all areas. The exact address is: 131, Maria Luiza Blvd., 1202, Sofia.

All lectures and workshops will take place in Hotel Ramada simultaneously at a couple of lecture halls:

- Hall Ruby
- Hall Europe 1
- Hall Europe 2

### *Official language*

The official language of the course is English and no simultaneous translation will be provided.

## REGISTRATION

### **Registration includes:**

- Access to all scientific sessions and workshop during the course
- Delegate kit, incl. bag, program, notepad, pen, name badge
- Electronic certificate of attendance
- Coffee breaks, lunches and dinners during the course
- Accommodation in a double room for 2 nights

*Please bear in mind that registration only includes shared accommodation in double room (bed in double room) for the period 4<sup>th</sup>-6<sup>th</sup> March 2019. You could book a single room which is subject to extra payment.*

*Registration does not cover travel or parking costs*

**Online application for the course is available on the website of EASD: [www.easd.org](http://www.easd.org)**

**Travel grants are available for participants. Please contact Brian Carey at [Brian.Carey@easd.org](mailto:Brian.Carey@easd.org)**

### **Organizer of the course**

European Association for the Study of Diabetes  
Brian Carey (Germany)

### **Official Local Agent of the Course**

If you have any questions or need further information, please do not hesitate to contact the official agent of the course:

#### **Company for International Congresses – CIC Ltd.**

2, Lea Ivanova Street  
Vitosha District  
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## PROGRAMME

Thursday – 4<sup>th</sup> April 2019

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**10.00 – 13.30 Registration**

**12.30 – 13.30 Lunch**

**13.30 – 14.00 Opening ceremony**

**14.00 – 16.00 Session 1**

14.00 - 14.30 Lessons to learn from the new EASD/ADA guidelines for the management of hyperglycaemia in type 2 diabetes

14.30 - 15.00 Diabetes research and care – where are we now?

15.00 - 15.30 Current management of arterial hypertension in diabetes

15.30 - 16.00 Non-alcoholic fatty liver disease in diabetes

**16.00 – 16.30 Coffee break**

**16.30 – 18.30 Workshops 1-3**

*(Each 60-min workshop repeated twice, participants attend 2 out of 3 workshops)*

- *How to manage a patient with diabetes and liver problems?*
- *How to manage a patient with diabetes and arterial hypertension?*
- *Practical aspects of the management of type 2 diabetes*

**19.00 Welcome Dinner**

## Friday – 5<sup>th</sup> April 2019

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### 8.30 – 10.00 Session 2

8.30 - 9.00 Screening for diabetic foot

9.00 - 9.30 Management of diabetic foot

9.30 - 10.00 Diabetes and the kidney

### 10.00 – 10.30 Coffee break

### 10.30 – 12.30 Workshops 4-6

(Each 60-min workshop repeated twice, participants attend 2 out of 3 workshops)

- *How to manage a patient with diabetic foot?*
- *How to manage a patient with hypoglycaemia unawareness?*
- *How to manage a patient with kidney problems?*

### 12.30 – 13.00 Group photo

### 13.00 – 14.00 Lunch

### 14.00 – 16.00 Session 3

14.00 - 14.30 What is new in insulin therapy of diabetes?

14.30 - 15.00 Where are we now in islet cell and pancreas transplantation?

15.00 - 15.30 Hypoglycaemia – the hidden enemy

15.30 - 16.00 Where are we now after the results of the CV outcomes trials?

### 16.00 – 16.30 Coffee break

### 16.30 – 18.30 Workshops 7-9

(Each 60-min workshop repeated twice, participants attend 2 out of 3 workshops)

- *How to screen for diabetic foot?*
- *How to use insulin pumps in clinical practice?*
- *How to manage a patient with diabetes and acute CVD in ICU?*

### 20.00 – 22.00 Dinner

## Saturday – 6<sup>th</sup> April 2019

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### 8.30 – 10.00 Session 4

8.30 - 9.00 Diabetes and pregnancy

9.00 - 9.30 Insulin pump therapy

9.30 - 10.00 Closed-loop systems in diabetes – where are we now?

### 10.00 – 10.30 Coffee break

### 10.30 – 12.30 Workshops 10-12

*(Each 60-min workshop repeated twice, participants attend 2 out of 3 workshops)*

- *How to manage diabetes during pregnancy?*
- *Glucose variability – does it matter?*
- *How to use CGM in clinical practice?*

### 12.30 – 13.00 Farewell address

### 13.00 – 14.00 Lunch

